

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings of the claims in the application:

**Listing of Claims:**

Please amend the claims as follows:

Claims 1-17 Cancelled.

18. (Previously Presented) A reversible foot pedal, comprising:

a pedal body having a first surface and a second surface oppositely disposed from said first surface; and,

securing means operatively connected to said pedal body, said securing means adapted to limit movement of an associated foot relative to said pedal body, wherein said securing means is adapted to rotate about said pedal body such that an operator can position an associated foot on either said first surface or said second surface to utilize said securing means without removing said securing means from said pedal body, said pedal body having a longitudinal axis and a transverse axis, said transverse axis being perpendicular to said longitudinal axis, said pedal body further comprising a first weight and a second weight operatively connected to said pedal body, such that one of said surfaces faces substantially upwards as said pedal body approaches an equilibrium position, said first weight and said second weight being oppositely disposed and substantially equidistant from said transverse axis, said pedal body further comprising a third weight and a fourth weight operatively connected to said pedal body, said first weight and said second weight being oppositely disposed and substantially equidistant from said transverse axis.

19. Cancelled.

20. (Original) The reversible foot pedal of claim 18, wherein said first surface is adapted to contact an associated foot and said second surface is adapted to contact an associated shoe.

21. Cancelled.

22. Cancelled.

23. (Previously Presented) The reversible pedal body of claim 18, wherein said third weight and said fourth weight are disposed longitudinally outwardly of said first weight and said second weight.

24. (Previously Presented) The reversible pedal body of claim 18, wherein said third weight and said fourth weight have diameters, said first weight and said second weight have diameters, wherein said diameters of said third weight and said fourth weight are larger than said diameters of said first weight and said second weight.

25. (Previously Presented) The reversible pedal body of claim 24, wherein said third weight and said fourth weight each have a length  $L1$ , said first weight and said second weight each have a length  $L2$ , wherein  $L1 < L2$ .